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Brinkerhoff, Edgar Dayton

Life extention

Fall River, Mass.

[1916?]

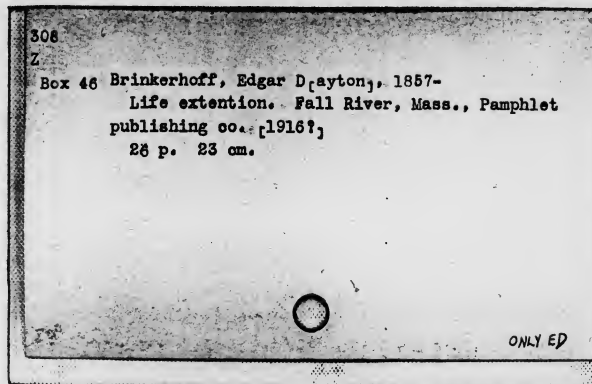
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# LIFE EXTENSION

BY

EDGAR D. BRINKERHOFF

PAMPHLET PUBLISHING CO.

FALL RIVER, MASS.

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COMPLIMENTS OF  
E. D. BRINKERHOFF

# LIFE EXTENSION

BY

EDGAR D. BRINKERHOFF

PAMPHLET PUBLISHING CO.

FALL RIVER, MASS.

This is the third  
of the Scoundrel Series  
of Pamphlets.

## PREFACE

Has the reader ever tired of fine language, dignified discourse, painfully careful composition, stilted phraseology and words without end? Have you too often found yourself confronted by diction rather than substance, form rather than information, magnificent padding rather than truth?

Now, my reader, you will not be troubled by high literary quality in the pamphlet here presented. It is the belief of the writer that the world is more in need of truth than of an embellished style; and that there is somewhere or somehow an incompatibility between verity and elegant expression. Refined speech seems to be a dress that hides truth.

Truth has failed so far. It may be worth while to try a new way. The following letters are true to nature, just as one indignant man writes to his fellow mortal, no polishing or pruning. If you do not like this sort of thing, my reader, you would better not peruse this pamphlet.

1916 Dec. 7  
Yoorz trooli,  
Edgar D. Brinkerhoff.

## LIFE EXTENSION

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

I thank you for report-letter of Oct. 2 giving me three points on my examination of Sept. 15.

The first point you fix as follows: "Tests of the circulatory system show disturbances, which may be temporary, but should be further investigated. Will report in full to any physician you designate."

Will you please give me this information directly, in accordance with your question blank under "Note," which reads as follows: "Such information will, however be given directly when the applicant desires it."

1914 Oct. 7

Yours truly,

Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

I am in receipt of examination-report dated Oct. 9 accompanied by enclosure dated Sept. 25 entitled Clinical Laboratory No. 6254, Ind., for which I thank you.

But I must protest that the report is not of any use to me and is not the report of a competent physician. I claim that you owe me another examination by a properly qualified physician, or else you should return me my money. If this thing is not straightened out, my appeal shall be to Former President Taft and Prof. Irving Fisher to put your institution in expert hands.

The principal weakness of your report is its errors of omission, but I will say nothing about this and only point out the obvious blunders committed.

Ten points are made and only two are well taken, as follows:—

5.—Defective hearing (right).

7.—Varicocele.

Two others are flatly contradictory of the facts of the case. It was the duty of your examining physician to get the facts before making these false statements, as follows:—

4.—Defective teeth.

8.—Excess of animal foods.

As to teeth, I have only seven of my own, and they are in perfect order, as I clean them scientifically every day and see a licensed dentist twice a year, the last time only a few days before this examination. The rest are false teeth, and I do not suppose your "expert" meant to call these *defective*. The absent were lost in the long ago when I knew no better than to adopt personal habits recommended by the regular doctors of medicine.

As to excess of animal foods, it is to laugh, as I have not to this day ingested an ounce all told of animal food since April 1, 1914, not even milk or egg or sea-food, and not even cream in excess of a grand total of one pint since last April 1. That is the day that fooled your examiner.

Besides, what a piece of ignorance to assume that a person can eat an excess of animal foods! The thing can not happen. No one will eat good, healthful, properly prepared meat or other animal food in excess as a habit. Your examiner was thinking of cooked meat, but I am not guilty of touching cooked meat at any time. And your examiner was thinking of meat combinations with other classes of food, but I am not guilty of that either. And your examiner was thinking of meat meals too close together, but I am not guilty of that either. And your examiner was thinking of meat eaten without a little bone, but I am not guilty of that either. All that I am guilty of is to try an occasional experiment in the cause of science, such as eating only cooked food of some description for two weeks; and this is very trying I admit and much worse than fasting.

Three more of his statements are as good as false, to wit:—

1.—Underweight.

3.—Urine normal.

6.—Eye strain.

As to underweight, your tables are for people that eat cooked food. As I never fool myself in this way, I have no diseased flesh produced by such dead food, and so your tables are not for me.

As to the urine, I was many times rejected thirty and twenty years ago by insurance companies for albumen in the urine, and "family" physicians by the dozen have warned me of approaching Bright's Disease and other calamities. If your examiner had investigated more closely, he would have found out why my urine was normal and thus would have saved making a fool of himself in other stages of his diagnosis.

As to eye strain, there is not a man on earth that would not exhibit as much if he should perform one half as much work with his eyes as I do. If there is any part of my anatomy that should be pronounced grandly capable of functioning, it is my eyes.

There are three remaining out of the ten "conditions" to which your institution calls my attention.

9.—Too little water between meals.

This is tantamount to recommending the imbibition of water by an unthirsty subject. For thirty years I have at times tried this sort of thing under the most orthodox medical advice, and their conclusion and mine always was that there was nothing in such unnatural procedure. Furnish to the unthirsty "system" ready-made water and the physiological process of producing water for the body's use is inhibited, and so there is an insufficient mandate to digestion.

2.—Excess of girth. Irregular pulse. Heart shows some enlargement. Thickening arteries.

This is a statement true to facts; but not one of the sixty doctors that have treated me over the past forty years has failed to make matters vastly worse. If your institution can help people, let it point out conditions that can be remedied or ameliorated. Something can be done for a man like me, but what is it?

10.—Necessity that his diet, exercise and general health should be supervised by his family physician.

Sixty family physicians have treated me, and they are all dead except a few who soon will be. I am not dead because I did not live in their manner, and refused to habit as they advised. They are dead because they refused to habit in my manner.

Still I would like to get help from doctors if it were possible, and this is the reason I invested \$5 with your Institute. But certainly your examiner did not find out anything about me that would be safe to submit to a physician. Except previous to twenty years ago, I have never been sick abed unless a doctor put me there.

I began this letter with a disclaimer as to the sins of omission of your examining "physician"; but just to show what I mean, I will call your attention to one of the many things that he did not find, although they were right under his nose. He did not know that there was an excruciatingly sore place as big as a cabbage on my left side just under the heart, the result of a bicycle accident twenty years ago in which my machine hurled me with terrific force against the breast of a horse that was suddenly pulled in my path. I did not know any more about it than the examiner until an osteopath told me about it the other day after your examiner "examined" me. And neither did any of the above sixty physicians catch on to this thing.

And I might say briefly that your "expert" did not discover that I have, and for thirty years have had, enlargement of the prostate gland and chronic inflammation of the bladder, and hardening of the liver, and inflammation of the spleen, and two hundred other things, and that all these things have been growing better for twenty years under anti-physician habits.

Several weeks ago I sat down to write a check for your Institute to cover five more years of service to 1920, as all my subscriptions end in 1920. But my wife said, "Hold on; wait until you find whether they are fakers." This sobered me, and my conclusion is that I am \$25.00 in, unless you can give me a proper examination by a competent physician, or unless Taft and Fisher can have competent control for

their institution. The conception of the scheme is grand, to advise people before it is too late; but in mediocre hands, it can accomplish little or nothing.

1914 Oct. 10

Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N.Y.  
Attention of Eugene L. Fisk, M.D.

Gentlemen:

In reply to your letter of Oct. 13, I would say that I will accept your offer of another examination on my next trip to New York. I will arrange with you an appointment as soon as I know when my next trip takes place.

1914 Oct. 17

Yours truly,  
E. D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N.Y.

Gentlemen:

I regret to say that I forgot the appointment of 10:30 a. m. Saturday, Nov. 28. My apologies are due to Dr. Fisk.

I will not be home again before Christmas.

1914 Nov. 29

Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

I have before me your health letter number one.

It is a serious thing for you to send out such a letter, as you may mislead some poor mortal.

On page 3, part 2, item a, you say to eat *some* raw food. Why not say to eat *all* raw food. It is very discouraging if science has not yet learned that cooked food is utterly valueless. It would not be a bad idea for you to define *cooked* and *raw*. And then I will give you a better definition.

In part 3, item a, you say to secure daily thorough bowel movement. Why not draw our attention to the fact that this attempt has caused more deaths, shortened more lives, than almost any other unscientific procedure?

On page 3, in the third paragraph you draw a contrast between personal and public hygiene. Personal hygiene you credit with preventing diseases of nutrition and circulation, chronic and degenerative diseases; for instance, heart disease, arterio-sclerosis, Bright's disease, nervous prostration, insanity. Good. But why not credit personal as well as public hygiene for preventing the other list you give, namely, scarlet fever, typhoid fever, measles, diphtheria, whooping cough, yellow fever, small pox? No one need fear these acute, or infectious diseases if his habits are right; but perhaps science can not grasp this truth because no room would then be left for lucrative public hygiene.

One page 3, part 1, item c, you say to sleep out if one can. And on the next page you say that tuberculosis is a house disease. Never say that again, for tuberculosis is a bad-food disease.

Outdoor air will keep a sick man from showing his disease, but it will not cure. Directly he comes into the house he has some kind of disease again, not because of house air but because of bad habits of feeding more suitable for outdoor living than indoor, but really not suitable for either.

Your letter is very discouraging to those of us who have been living forty years after our time had come, and living these years in defiance of the doctors' silly directions.

What we would like is to have science catch up with us and tell us what to do next instead of repeating the antiquated rules that mean sure death.

1914 Dec. 15  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N.Y.

Gentlemen:

I have before me your Health Letter No. 3.

On the first page, in the last paragraph, warning is given that symptoms will follow the ingestion of too much food; but how could anyone eat too much food if it is rightly selected and prepared? The doctors do not seem to be awake to the fact that it is bad food that causes overeating, and that this bad food is of the doctors' own selection and preparation.

On page 2, typhoid is dubbed a one-hundred-percent-preventable disease, and in a succeeding paragraph we are told that each year strikes 300,000 down with this disease. The doctors never seem to blame themselves. They recommend typhoid vaccination. But we would rather die than submit to this filthy practise. And the poor flies are blamed. Blame the doctors for not training patients into right habits of living.

On page 3, the Institute is awfully afraid that subscribers will constantly keep their minds focused on their bodily condition. The Institute should be able by a few lines of advice to relieve *all* of any habit of too much introspection and fear on this wise; but does it do it? The Institute seems to lack the knowledge necessary to put the means of safety in every man's hands.

But the worst of all is the assumption on page 2, that the almost entire absence of typhoid in the American Army is due to anti-typhoid vaccination. I suppose that cleanliness had nothing to do with it!

1914 Dec. 19  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

Your health letter No. 3 still sticks in my crop.

On page 3, (1) you call typhoid a disease, (2) state that you know how to prevent it, (3) mention isolation of typhoid patients and their excretions as the final means of eradication, (4) and advise typhoid vaccination as the most certain protection pending the institution of eradicated means.

You are wrong on all four counts:

1.—Typhoid is not a disease. It is only an accident. In an epidemic city you would say that ten thousand inhabitants have typhoid, and you would give them substantially the same treatment. This conclusion of yours that these people have the same disease, is a mistake. If you knew how to diagnose, you would find at least one hundred diseases. With good therapeutics, you would cure these patients so that they would not only not have typhoid again, but they would not have any other zymotic accident.

2.—Your claim that you know how to prevent typhoid is a false claim in view of the fact that you do not know how to oust the real basic disease that typhoid patients have. Besides, if it were true that you could prevent typhoid while leaving the patient open to all other zymotic accidents, for heaven's sake, don't prevent the typhoid. Let others take hold who know how to restore general health.

3.—I cannot control my temper enough to discuss this third count. You ought to realize the shame of proposing to isolate typhoid patients, and the further iniquity of isolating Typhoid Marys and other healthy typhoids.

4.—Your recommendation of typhoid vaccination shows your weakness. Had you any knowledge of the hundreds of diseases that typhoid victims have, you would know better than to try to cure them all with one remedy, and that remedy one that has no power whatever to remove any of these diseases.



I really feel sorry for you. The time will come when this thing will be exposed and Taft and Fisher will regret that they had anything to do with such an archaic institution.

1915 Jan. 30  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

Your health letter No. 4 reads as if you had purposely led a man into illness so that you could tell him some little palliatives: beware of the sun, beware of air that is not moving, beware of forgetting to drink water, beware of too few hours in bed preceding a hot day, beware of hot clothes, beware of meat, beware of milk unless sterilized.

I cannot imagine why you tell him these little things unless it is that you are not aware of the main cause of hot weather prostrations, namely, cooked food.

I have walked fifteen to twenty-five miles in the middle of the day for three days in succession when the thermometer was 108 and 110 degrees Fahrenheit. I would not advise you to do the same for you are a cooked food eater. All along the country roads and town streets I saw gangs of farm hands and laborers lolling in the shade during most hours of the day. They were not ashamed of their laziness, for they were cooked food sufferers.

You seem to advise your reader on page 2 to drink water when not thirsty, unaware of course that you thus inveigle him into life-long constipation.

On the same page you warn him against meat, fish, fowl and eggs, though more knowledge would show you that these foods are as suitable for summer as for winter. In fact, one can live on an exclusive diet of animal food all summer, and not know the difference, provided the Life Extension Institute has nothing to do with its preparation.

The question is whether the Life Extension Institute knows enough to be a safe adviser.

1915 Jan. 5  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street.  
New York, N. Y.

Gentlemen:

Your Health Letter No. 4 still rankles in my bosom.

I am astounded at the spectacle of a bevy of wiseacres catching

the public with a proposal to extend life. I have been looking for the public to discern that the Life Extension group are not equal to the job.

And yet it is of some interest to discover why you make so many blunders. Plainly, in cautioning your subscribers against meat in summer, you were off the track; for a person may eat meat all summer and nothing but meat, and come out on this monodiet way ahead of all his mixed food neighbors; in fact, way ahead of all of his own experiences on a mixed diet. Then you are wrong, it is not the meat that you should caution your subscribers against, but bad meat or bad preparation of meat.

Why not tell them to reject nine-tenths of the meat offered in the markets? This would be of some use to your subscribers. Tell them to reject all meat that does not smell right. Even a dog or a cat knows enough to use its nose before eating. Tell them how to learn to use their olfactories. You incidentally benefit the honest marketman.

Again, tell them to use the good parts of the meat and reject the bad by a rational system of cookery, or rather sub-cookery. Tell them not to boil meat, as 212 degrees ruin it beyond recall. Tell them not to fry meat, or broil it, or grill it. Doctors often advise a "nice rare juicy steak," and they recommend beef tea; but this is the doctor of it. Advise your subscribers against this on the ground that the juice is not fit to eat. Half of a steak by weight is juice, and this must be gotten rid of; and the Life Extension Institute does not know this fact and does not know how to tell its subscribers how to get rid of this juice. You do not know enough to tell them to put the meat into a slow oven with a way provided to keep the drippings separate from the meat so that they may be rejected. Then, if 170 degrees Fahrenheit have not been exceeded, you have an article that you do not have to warn your subscribers against, winter or summer; and you will not have to say one word against excess, you will not have to exhort to "take little meat."

You show the same lack of working knowledge in your direction to use pasteurized milk. Has it never occurred to you that there must be some reason for the disgusting taste of Nathan Straus's pasteurized milk? Before attempting to extend life, you should have described that people that pretend to pasteurize milk are really boiling it in their haste, and it is thus rendered worse than raw milk; for its effects are slow, deleterious and not immediately visible, and at last when an acute attack comes, no one thinks of blaming the boiled (pasteurized) milk. Had you the body of knowledge that ought to be possessed by a life-extender, how easy it would have been to tell your subscribers to pasteurize their own milk (and subcook their own meat) in their own electric oven at a cost of a few cents a day! You could have told them how to use a rheostat and a self-registering thermometer so that every cubic inch of the milk would get just the 167 degrees required. Have you not seen the faddists in the recent years go up from 167 to 169, then to 171, then to 175, and higher? Why? Answer: for the reason that one part of the quantity of milk gets less heat than another, and there is no way to pasteurize milk by a quick process without boiling, or nearly boiling, most of it.

My advice to the Life Extension Institute is to give up the job or rise to the occasion.

1915 Feb. 14  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

I am deeply pained by the manner in which you scratch Truth's face in every Health Letter you send out. I have before me Health Letter No. 5, Page 3.

You are trying to teach the doctrine that nervous people should avoid the habit of self-study. Not only are you wrong in the main proposition, and not only are you wrong in every statement that you make to support it, but you are wholly wrong, and the exact opposite is the truth as to each statement.

You begin by saying that movements usually performed without fatigue will become arduous in the extremis if made a deliberate conscious act, as by throwing the foot forward deliberately and purposely. The exact opposite of this is true. The truly healthy, normal person delights in every conscious act—and enjoys the mere physical repetition. Every movement is a joy. Every effort is happiness itself. The healthy grown person is not in need of play to keep him interested.

You say that nervous people should not watch themselves live. But this is just what they should do, until they gain confidence that there is a way out of the multitudinous dangers pointed out constantly by the doctors.

You say that we should banish the fear of disease. Just the opposite. We should increase this fear until we learn to heed higher admonitions than the doctors can give. There is no more depressing circumstance than to feel yourself under the care of a doctor who knows so many things that are not so. Tell the sick person to think of his disease and see a dozen doctors in rapid succession, and listen to their contradictory stories, and go home and think again of his disease without any doctor to prevent him from being his own doctor.

I could go on with more of your foolish statements, but your error is in not recognizing the fact that if you knew how to normalize the man's body, you would not have to give him cautions to avoid morbid mental states. You have the cart before the horse.

The trouble with you people is that you do not know the normal man. You never saw one. All your patients are abnormal when they come to you and you proceed to make them more abnormal. They got ill by eating, and you give them new directions for more ill-considered eating. Your acute patients die by eating, or their attack is much prolonged. Your chronic patients are fed so often that they have no chance to get well. All your patients are encouraged to eat food that has been deprived of its food value. Even when you tell

your patients to eat good food, you entice them into death-dealing mixtures instead of a monodiet.

All your books must be written over again for normal and normally treated individuals: Pathology, Diagnosis, Materia Medica, Therapeutics, everything. If a great big bon-fire were made of ALL of them they would shed more light in the world than they ever did before.

1915 Jan. 23  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

While your Health Letter No. 6 contains a few good things that might possibly not be already known by the most ignorant of your subscribers, yet the letter as a whole must be described as incompetent drivel.

On page 1, you advise temperance in eating; on page 2, careful habits and moderation in the use of meat; on page 3, against overeating as it may cause nasal congestion. You might as well talk to a stone wall as to give such general directions. The intemperate eater eats too much because his food does him little or no good. He eats because he is hungry. Your part should be to tell him how to relieve his hunger; to quit eating cooked food that affords him no nourishment, and to quit eating raw food that he cannot digest, and to quit mixing foods so that one conflicts with another to the defeat of digestion, and to quit eating so often that what is eaten has no opportunity to digest. It is all the more incumbent on you to give him this information when you know that the very next doctor he employs will tell him to eat cooked food and raw food and mixed foods and to eat often.

When you tell him that overeating leads to nasal congestion, you are saying what is not true. It is eating what is not good that leads to nasal congestion. When one makes a habit of eating only what is good, it is hardly possible for him to eat too much, for his hunger is appeased. I am speaking now of human beings, not monkeys.

When you note that moderation in the use of meat tends to improve the general health, any one would think that you would find out where in the meat is defective or what is wrong in its preparation.

On page 4, you advise a thorough purge, seemingly oblivious of the fact that purgatives are things that the public should be warned against, not advised to take. Had you proper knowledge on this point, you would scarcely dare say the word "purge" "out loud," you would caution the subscriber never to take a purge unless it were administered by the very most competent physician.

What is the use of your occasional reference to careful living when you never mention anything of prime importance to this end?

But the greatest failure in your letter is your advice on cancer. You advise operation for the earliest stages. I call this the acme of ignorance. Can you not see that if you remove cancer in its earliest stages, you are not thereby eliminating the cause? In a later stage, not too late, there might be some reason in operation as a *dernier resort*. But think of cutting up a person in the earliest stage, a stage when cancer has no terrors. If you are terrorized by cancer in its earliest stages, you do not know the first principles of cure, you do not know that nature cures. I would just like to have cancer in its earliest stages, just to show you doctors how quickly I would get over it! I have seen my dark, impure, venous blood change under fasting to bright, pure blood, as if it were all arterial. Had I cancer, I would combat it with vast quantities of this pure blood that I would manufacture by fasting as I have so often done before. Cancer has no terrors for me unless a doctor is around with his nostrums. You advise rightly against salves and medicines for cancer, but you only exchange these old nostrums for new ones,—operation, radium, X-rays and other tommy-rot.

1915 Feb. 20  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

Your Health Letter No. 7 looks like an honest attempt to say something useful to members or subscribers, but it also looks like a monstrous failure.

Much is said about selecting food with a view to the number of calories contained. But if you were recommending natural food and a monodiet, you would not have to say one word about looking out for the calories. In a rational diet, the calories are already calculated. One cannot go astray. The cautions you feel it necessary to give arise out of your own bad advice. You tell all about the calories in butter and sugar, but there is only one proper thing for you to say to members or subscribers about butter and sugar, and that is to let them severely alone as they are not foods and are utterly useless to the body. Even as a medicine, sugar can not be justified. If you were talking about natural sugar, the case might be different, as the saccharine element of dates, for instance, is accompanied by protein and saline elements. Even the sugar of honey is not mere sugar.

Let one eat a natural monodiet not destroyed by excess of heat, and he will not have to consider how many or how few are the calories of his intake; for he gets properly nourished and ceases to suffer from the hunger that nearly everybody seems to be afflicted with. He spontaneously ingests neither too much nor too little.

You say that much ill-health and mal-nutrition are due to the lack of vitamins and lime and phosphorus. But you do not tell the remedy. You do not tell your subscribers that it will not be necessary to give any attention whatever to these elements if any kind of natural food is selected and adhered to exclusively. You do not tell them that they can make no mistake respecting these elements if they will leave butter, fats, oils and sugars alone, except in so far as they are contained in natural foods, and if they will adhere to foods that have not been ruined in cookery. You tell them that phosphorus is found in good form and proportions in eggs and whole cereal, but you do not tell them that this phosphorus is unavailable to the body if the eggs and whole cereal are cooked.

After misleading your readers into believing that they must do a lot of studying (or paying for advice) to select foods of the right calories, proteids, vitamins and minerals, you then say that a certain amount of raw foods or moderately cooked foods is advisable. By the gods! Why do you not say that no food should be eaten except the raw or moderately cooked? Then you would not have to exhort to study.

You are very weak in language or you would never talk of *moderately* cooked foods. The least of cooking is boiling, and no boiling is possible with less than 212 degrees of heat. There is no such thing as *moderately* cooked foods, for even boiling involves a furious heat, and no boiled food is useful to the body. Had you proper command of words, you would say *sub-cooked* foods instead of *moderately* cooked foods.

You say that prolonged overheating may destroy the vitamins. This is not very illuminating to your readers. You seem to say that overheating is harmless if it is not prolonged. But how can this be true? The difference between overheating that is prolonged and overheating that is not prolonged is that in the former case the entire food piece is destroyed, while in the latter case the inner portions escape destruction. Then the thing that you should caution against is the overheating, not the prolongation, and you should stop advising your patients to eat rare steak, which is only a food whose outside parts have been destroyed and made dangerous.

Prolongation of itself is not inadvisable. In fact it is the only way to give foods the same heat in their inside and outside portions. As a matter of fact, I have for years lived on various monodiets which were prepared by prolonged heating, heat being applied never less than six hours and usually eight or ten, and often twelve or fifteen. Had there been any destruction of vitamins, I would have felt a lack of nourishment from time to time at least. You should have warned against overheating, as the prolongation of a temperature of 160 or 170 degrees is harmless.

It is not the subscriber so much as the Life Extension Institute that needs the studying.

1915 Mch. 27  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

There are worse things than your Health Letter No. 8. It contains much that is valuable, but you spoil it by the concluding piece of advice, namely, to call a doctor in case the simple remedies of Health Letters No. 6 and 7 do not suffice.

You do not draw the line in the right place as to when a doctor should be called. It is not when subscribers have done these simple things in the Six and Seven letters. No doctor should be called until they have done several other things of vaster importance than anything you mention. These important things failing, there might possibly be some sense in calling a doctor.

Furthermore, if your institute is to be what its name implies, for the extension of life, you should dread to advise a subscriber to call a doctor at all. One of the most risky things a person with an acute attack can do is to call a doctor.

When I am overtaken by an acute attack, which happens only when experimenting in the cause of science or when taking the advice of a doctor, I secure a good stout club and caution my family that no doctor must enter the house. I then instruct them what to do, and the instructions are carried out in my delirium. The next morning I am ready to go to business again. A doctor, seeing my sufferings, would inject something into my arm, and that would end all things so far as I am concerned. I have seen people finished up by the doctors right under my nose.

If the Life Extension Institute were what it might be, the burden of its letters would be to warn its subscribers against the doctors, and to consign the whole medical fraternity to Hades, excepting those few physicians who pay no attention whatever to the current conclusions of medical "science," a science which changes every ten years, and not always for the better.

1915 Apr. 5  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

Your Health Letter No. 9 takes a great deal of pains to tell the insomniac of many, many things to do to banish insomnia. All your advice is worthless except when you caution against tobacco, tea, coffee and other drugs, and when you name another remedy which I shall mention presently.

There is nothing extreme in my calling your advice worthless. There is nothing absolutely bad. Your advice is worthless by com-

parison with other advice that could have been given had the Life Extension Institute been a competent body.

The difficulties that the insomniac have are difficulties of your own creation as medical men. You nearly convicted yourselves when you said on page 2, "Almost every rule of hygiene and right living could here be quoted as a sleep-producer." Then why did you not quote a few, instead of emitting a lot of worthless directions about things to do for sleeplessness? The important thing you never say.

Had you been wide awake, you could have said more in three lines than your whole letter contained, namely, "Dear Subscriber, avoid doctors, live contrary to their notions, eat no cooked food, eat seldom, eat only one thing at a time for months continuously, and no power on earth can keep you from sleeping. One so living can hardly keep himself awake with caffeine. You do not have to make pi of your thoughts nor go on a mental strike."

1915 Apr. 6  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

I have before me your Health Letter No. 10, on Posture and Walk. It possesses unlooked for merit. It gives valuable directions. Errors of commission are hard to find; in fact, they are absent. Even errors of omission do not exist, as the subject is well covered and nothing could be added in the space allowed without omitting something more valuable.

This letter is indeed a surprise. If you keep on in this way, you will health-letter your subscribers into an extended life.

Long live the Life Extension Institute!

1915 April 12.  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street  
New York, N. Y.

Gentlemen:

I can not bother to keep you straight as I am too busy a man, but it is discouraging to see you blunder so.

In your 14th letter, page 3, you say that one would have to ingest \$9 worth of lettuce and tomato to furnish one day's required calories (2500). It happens that I have never tested tomatoes; but I have tested so many other things that I am not afraid to say that I can live a month on an exclusive diet of tomatoes without losing a pound of

flesh; and it would not take much more than 9 cents' worth a day. Certainly the doctors do not know foods.

And you speak of butter and sugar as foods. Why not inform the public that these are not foods? Suppose you eat food, *real* food. When you add sugar and butter to this you add nothing. I know nothing about your laboratory experiments, but I do know the effects on myself. Temporarily, raw butter and raw sugar (if such a thing can be obtained) seem to act like food; but in the long run your body feels that they do not act like food, do not make heat and energy (and, of course, not tissue).

You recommend lettuce and celery in quantities sufficient approximately to fill the stomach. You would not do this if you knew what nerve destroyers they are. That is the trouble with many vegetables; too medicinal.

You speak of carrots and fruits as of low food value. Never do this again. These two articles are of such high food value that one must keep the quantity small when living exclusively on one or the other for several months at a time.

You say that hunger is largely dependent upon the contractions of the empty stomach. You mean appetite, not hunger.

You say that hunger is not dependent upon a general bodily craving for food. Here was a splendid chance to tell your patients to avoid eating until there is a hunger arising from a general bodily craving, and at the same time to ignore these deceptive appetites due to stomach contractions, themselves due to wrong habits of eating.

You say that skimmed-milk will bring down weight. I do not know anybody who would not acquire weight on raw skimmed-milk.

You recommend skimmed-milk for dropsy. Water is better. I have kept dropsy away from myself for thirty years by water drinking whenever threatened.

You say that meals should be light and frequent, rather than hearty and infrequent. I can scarcely restrain my temper. Hearty, infrequent eating is the rational thing. Once or twice a day.

You advise a light breakfast. But that is the time for a big meal, after you have been up two hours. A cure for constipation. And unless you are a pig, you will eat nothing until the next breakfast.

And the idea of poaching those two splendid eggs in boiling water!

And the idea of a doctor's advising weak tea or coffee! As if there were not in these something worse than the tea part and the coffee part! Just think of offering a patient boiled water, all the air and ammonia driven out!

You classify tomatoes as vegetables, when any doctor ought to know that they are fruits.

Give me anything but a doctor's advice!

Don't talk against large infrequent meals. When you eat infrequently you can not eat large, for your stomach dilatation is soon cured.

1915 June 24  
Yours truly,  
Edgar D. Brinkerhoff.

Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Gentlemen:

Mrs. Brinkerhoff has received from you some decoy circulars aiming to get her child in the toils of the doctors.

You will not catch her in this game. She knows your cult too well. In the first place, our children are grown up and have children of their own nearly grown up.

In the second place, we brought up four children. The first two were doctors' victims as we were too ignorant in those days to avoid a doctor as you would a viper. These two poor little devils nearly died every few weeks or months and cost us a lot of money and anxiety.

The later two knew nothing of a doctor, and never were seriously ill, and were half-ill only for very short periods. We called a doctor sometimes to avoid prosecution and persecution, and they came with their nostrums and their serums; but we never allowed any such wickedness to be administered. And when the quack would begin to boast about quick recovery, we would show him his medicines all untaken, and we would tell him what we had done in utter disregard of his death-dealing advice.

O you doctors!

1915 June 29  
Yours truly,  
Edgar D. Brinkerhoff.

Eugene Lyman Fisk, M. D.  
%Life Extension Institute, Inc.  
25 West 45th Street,  
New York, N. Y.

Dear Sir:

I am deeply pained to see your good Health Letter No. 15 spoiled by that wicked third paragraph in the first column of page three.

Your second and third paragraphs read as follows:

"The chief factors in developing these chronic maladies of the vital organs may be classified as follows: First. Improper living habits: overeating, especially of meat and of rich, highly seasoned foods; lack of fruit and bulky or green vegetables which regularly clean the bowels and prevent intestinal poisoning."

It would take a volume fifty to characterize the recklessness and heinousness contained in the above quotation. If men are to be judged by the results of their conduct, you have much to atone for.

Just think of the effects of such advice on the common man! And it is the common man who reads your advice, and follows it because he thinks you know.

But in this he is very much mistaken; no one with a knowledge of foods could leave the impression that you do in the above remarks.

1.—You leave the impression that meats are objectionable from the standpoint of over-eating, while in truth meats are objectionable from the standpoint of their improper preparation. Meats are poison, however small the quantity ingested, unless their preparation is correct and entirely different from the prevailing practise. You encourage this man to eat a little meat, when you should really warn him to avoid meat wholly unless he is willing to prepare it properly. You should tell him that the meat juices contain little of value and much that is destructive to health; and that the remaining portion of the meat is harmless, and that he could not eat too much of it if he tried. One's diet may consist exclusively of meat for a year at a time without the slightest bad effect if not subjected to more than 180 degrees of heat and if the juices are rejected which run out at that moderate temperature.

2.—You leave the impression that fruits are necessary to clean the bowels and prevent intestinal poisoning. Why, man, fruits poison the intestines! At least that is what your man will do when he takes your advice; he will eat fruit as ordinarily prepared, juices and all; and the juices of fruits are as bad as the juices of meats, and he will poison himself,—all due to your lack of knowledge.

It is true that fruit juices kill intestinal germs, but they almost kill the human being at the same time. There is no profit in this. Take out the juices, eat the remainder, and fruits will prove to be as valuable as meat treated in the same way, and will furnish for a year an exclusive diet that is better than any possible combination.

Just to show you how little you know about these things, I will inform you that I have tried the experiment mentioned in my letter of June 24 relating to your Health Letter No. 14, in which you say:

"One would have to eat \$9 worth of lettuce and tomato salad to furnish the amount of fuel for the day's requirements."

Now, as a matter of fact, I have lived on tomatoes for nearly two months to date and have gained ten pounds and have done more work in the meantime than any two other men in Fall River. They were dressed with a little salt, pepper and very little olive oil. Drinks were used sparingly; that is, they contained little or nothing that would furnish nourishment. The limit was one or two meals a day, never three. The tomato diet was exclusive except that I was obliged to do some traveling a small part of the time and could not stick strictly to tomatoes, or even fruit when away. This is the reason that my experiment lasted nearly two months while my letter only offered one month, namely, to prove the point beyond all possibility of doubt. No bad effects were experienced except once or twice a slightly sore mouth, which never occurs on a strictly exclusive diet. Of course the tomatoes were not cooked, only sub-cooked; and the juice ran out at the bottom of the sieve in which they were heated at 170 or 180 degrees in a scientific oven, until the part remaining weighed one third of the weight of the tomatoes after most of the coat was removed. That is, the loss of juice was a little greater than in the case of meat. And they did not cost \$9 a day; far from it. The purchase price

minimum was 1 cent a pound, the maximum 10 cents a pound. Perhaps the average quantity was ten pounds and the average cost was 23 cents a day; but there was no attempt at cheapness. We canned a dozen quarts in glass at 180 degrees at 1 cent a pound. For weeks, tomatoes were available at 1/2 cent a pound in quantity. Had cheapness been aimed at, and canning resorted to, the average cost would have been 7 cents a day, instead of your crazy \$9.

Tomatoes have a food value equivalent to beefsteak, but you did not know it. You forgot the seeds. It is hard to tell whether to call tomatoes fruits, vegetables or seeds. You have observed tomato seeds in the feces and perhaps thought they all met that fate; or, doctorlike, perhaps you did not think at all.

Had I this experiment to try over again, I would get rid of still more of the juice by squeezing.

Your reference to lettuce is the worst ever. No one but a doctor could have made it. An exclusive diet of lettuce would contain enough medicine to kill an elephant.

Besides, fruits are not at all necessary to clean the bowels. If you will prepare your food properly, your bowels will not need cleaning on any diet.

3.—Then you go on to talk in the same inane fashion regarding cleaning the bowels by means of bulky or green vegetables. But not one word about the inorganic sap they contain! As if the juices of vegetables were any better than the juices of fruits or meats! You think you know something about metabolism, and yet you give a victim substances that he can not possibly build up into tissues for himself. Why do you not give him something already built up, so that he may break it down, and thus feed himself? Vegetables have as great a food value as anything else if you first rid them of the foreign matters that come out of the earth but do not get worked up into vegetable tissue.

You ought to feel thankful for all this valuable knowledge I am setting before you, but I do not suppose you have the slightest idea of appreciating it.

My exposé of tomato and fruit juice is a joke on the grape juice fanatics.

And it is a joke on the medicos that they left it to a layman to make the generalization that all classes of foods other than seeds and milk should be deprived of their juices; that the juices of vegetables, fruits and meats are a great drag on the human body. Do you not think I deserve a Nobel prize? Stop administering beef tea and orange juice and lemon juice in your hospitals. Stop recommending fruits for the juices they contain. Stop hoping for great cures from the juice of vegetables. Eat juicy meats exclusively for three months, and you will hate them more and more. Get their juices out, eat the remainder for a year, and you will like them better and better every day. The same is true of fruits and vegetables.

1915 Oct 19,

Yours truly,  
Edgar D. Brinkerhoff.

Dr. Eugene L. Fisk  
% Life Extension Institute, Inc.  
25 West 45th Street  
New York, N. Y.

Dear Sir:

It may interest you to know what I have to say about Pellagra in the New York Sun of Dec. 10.

1915 Dec. 21  
Yours truly,  
Edgar D. Brinkerhoff.

## CAUSE OF PELLAGRA

### WAS THE PUBLIC HEALTH SERVICE EXPERIMENT PROPERLY CONDUCTED?

TO THE EDITOR OF THE SUN—*Sir:* It has recently been reported that the Public Health Service has made an epoch making experiment ending in the discovery that the cause of pellagra is a lack of protein in the diet, and that the cure is the addition of meat, eggs, milk, beans, peas and other proteid foods to the deficient diet. An institution of girls is cited in which those who did the kitchen work and helped themselves freely to meat, eggs and milk did not incur the disease, while among the other inmates it was very prevalent. Convicts were fed for five months on a "one sided" diet of biscuits, fried mush, grits, brown gravy, syrup, corn bread, cabbage, sweet potatoes, rice, collards, coffee and sugar, and six out of eleven contracted pellagra. The usual nervous, gastro-intestinal and skin symptoms appeared. Four famous medical men pronounced the disease in these cases true pellagra.

There is no reason to doubt the facts as reported, but there is excellent reason for pronouncing unjustifiable the interpretation placed upon them, namely, that the cause and cure of pellagra have been found to be related to variety in diet.

Thirty years of experimenting upon myself enables me to say positively that the articles allowed the prisoners form an excellent diet if four of them are eliminated. I refer to brown gravy, syrup, coffee and sugar, which are not foods and are detrimental to health. But it will be conceded that these four items are not bad enough to cause an otherwise good diet to develop pellagra. The remaining eight articles, biscuits, mush, grits, corn, cabbage, sweet potatoes, rice and collards, are excellent foods. Taken separately, any one of them will support life indefinitely. There is no gainsaying this, for such exclusive diets have been adhered to at least as long as the Public Health Service's experiment on the convicts, and such experiments have been kept up for years with no injury to health, but rather a constant improvement.

Then there is something wrong in the conclusion reached by the experts. It cannot be true that an insufficiently diversified diet caused pellagra in the six subjects. So the question arises, what was it that caused the damage to the convicts' health?

The answer is not far to seek. The report reads that the components of the dietary were "properly cooked." Here is the clue to the dire effects upon these unfortunate men. "Properly cooked," in the minds even of experts, means cooked, and that is bad enough. The collards, rice, sweet potatoes, cabbage, grits and mush were boiled.

The biscuits and corn bread were baked. The mush was fried. Pains were taken to have these things "properly cooked," and so I infer that they were thoroughly cooked. Thus the life was cooked out of everything, and the poor men had nothing to live on. Lack of variety had nothing to do with their pellagra. Had meat, eggs, milk, beans and peas been added to their regimen, but all so "properly cooked," their distress would have been just as great.

If the Public Health Service will try this experiment again and take these same articles of food, wheat, maize, rice, cabbage, sweet potatoes and collards, and sub-cook them in an electric oven at 190 degrees by a self-registering thermometer, I will guarantee that the eleven convicts will all have better health at the end of five months than the other sixty-four prisoners.

E. D. Brinkerhoff.

Fall River, Mass., December 9, 1915.

Dr. E. L. Fisk  
% Life Extension Institute  
25 West 45th Street,  
New York, N. Y.

Dear Sir:

I have your note of about December, 1915, reading as follows:

"Noted with much interest. Lack of vitamins, which may be destroyed by prolonged cooking or cooking under cover, seems the reasonable explanation to me. Also, decortication of grains."

"E. L. F."

I wish to say, doctor, in this connection that it is easy to overestimate the destruction caused by the prolongation element in cooking. As a matter of fact, in the past six months I have scarcely tasted of anything that has not been in the oven 24 hours, often 36 hours. Also, about everything I have eaten has been tightly covered over during the 24 hours or more. I guess the battle should be against temperature, not against time.

Also, I do not believe the world knows as yet the full effect of decortication of grains. Suppose I tell you some day that I have lived on white flour, standard milling process, for one year; what will you say to that? Perhaps Dr. Graham's war should have been against the cookedness of bread, not the whiteness nor the innerness of the flour. And perhaps his teachings made headway because of some semblance of truth which they possessed on account of the greater power of resistance to heat on the part of bran and other coatings over the resisting power of the delicate inner portions of the wheat kernel.

✓ 1916 Nov. 11  
Yours Truly,  
Edgar D. Brinkerhoff.

Prof. Irving Fisher  
Yale University.  
New Haven, Conn.

Also, attention of Dr. Eugene L. Fisk.

Dear Sir:

With all due respect for your great name, allow me to say that if you do not know more about hygiene than you know about money, your book (and Fisk's) "How to Live" will be a disappointment.

The first page I open to at random is 43. The paragraph reads as follows:

"Raw foods have dangers of their own in carrying germs and parasites, and it is extremely advisable that all raw foods should be washed and disinfected before eating."

If the rest of the book is as bad as this, it is bad indeed.

Supposing there is some little use in this caution, it is to be regretted that the space could not have been devoted to something that the public and the individual are really in need of.

Again, you frighten people away from raw food to the only other thing in their minds, namely, cooked food; a most unfortunate goal.

And you leave the impression that raw food is worth eating, which is not true. If one could get nothing but raw food, your advice would be more excusable.

So your followers turn from raw food which would support life, to cooked food which will not maintain life.

For they will never immerse raw foods in peroxide of hydrogen, and I do not blame them, for it is easy enough to get good food if you know how.

Bad as raw food is, it is so much better than cooked food that people who live on it exclusively need not be afraid of germs or parasites; for their digestive juices are effective, and none of these things lives long enough to justify your warning as to "dangers."

Besides, germs and parasites are not half as bad as the slimy taste of cooked food.

And the joke is on you and the cooked food eaters who invite bugs by ingesting dead, half inorganic matter, making a manure heap of themselves. Is it any worse to receive with food, germs that soon disappear than to receive germs afterwards that are sure to multiply in the dung and diseased tissues manufactured out of cooked food?

So that the dangers that you denominate as "extremely" advisable to avoid, are not threatened by the raw food after all, but by the cooked food to which the subject is mainly addicted.

I have no time to read any more until January, but I will guarantee that the book is just as weak all the way through, and I will wager 2 cents that you have not told what is good to eat.

My foundation for this judgment is in analogy, with your money lucubrations for a starter.

Your paragraph would not have been so bad if you had said nothing about dangers, and had not insisted on the *extreme* advisability of your advice, and had refrained from encouraging cooked food, and had



refrained from discouraging raw food, and had told the true reason why the parasites need picking off, namely, that they are disgusting not dangerous. But what can be expected of an economist who confounds a gold standard with a gold basis!

I thank you for pamphlet on "Equation of Exchange and the War," which I have not had time as yet to look at.

1915 Nov. 20

Yours truly,

Edgar D. Brinkerhoff.

Carlyle said that Great Britain consisted of a population of about fifty million souls, mostly fools. Were he in the flesh today and an American, he would be obliged to say that the United States is composed of a population of one hundred million souls mostly scoundrels.

MISH 2.103.3

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